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Social Services | Public Health | Mental Health

news release

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Smokers: Go cold turkey before Thanksgiving

Tobacco-Free Humboldt and The American Cancer Society (ACS) are encouraging local smokers to participate in the Great American Smokeout on Thursday, Nov. 17. The Great American Smokeout is a national event planned by ACS to support smokers to quit tobacco use for one day.

The Smokeout connects smokers to resources that can help them quit. Smokers who use counseling, nicotine-replacement therapy or a combination of the two are more likely to quit for good.

Smokers can find group and nicotine-replacement therapy at United Indian Health Services 707-825-5000 or Open Door Community Health Centers 707-441-1624. These resources are open to the public. The California Smoker's Helpline is also available, providing telephone counseling at 1-800-NO-BUTTS. Additionally, smokers should talk to their doctors who can decide if medication is a good option. E-cigarettes are not tested or recommended to help people quit.

While a pack-a-day smoker can spend around \$2,500 a year on cigarettes, the ACS points out that each pack results in \$35 in health costs to the smoker, or just under \$13,000 a year. Smoking remains the number one preventable cause of death in the U.S.

The first Great American Smokeout was held in 1977. Since then, tobacco use among U.S. adults has decreased from 34.1 to 16.8 percent.

For more information on the Great American Smokeout, visit <http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/>.

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